

Bronco Beans

Prep time: 20 minutes

Cook time: 1 hour, 45 minutes

Makes: 4 Servings

This versatile recipe combines a variety of seasonings and beans including black, kidney, white, and chickpeas with an added kick of chili powder and jalapeno peppers. Serve with brown rice or use as a filling in quesadillas or omelets.

Ingredients

- 1 tablespoon** vegetable oil
- 2** yellow onions (peeled and chopped)
- 1** bell pepper (cored, seeded, and chopped)
- 2** jalapeno peppers (chopped)
- 4 cloves** garlic (peeled and chopped)
- 1 tablespoon** dried oregano
- 1 tablespoon** dried thyme
- 1 teaspoon** chili powder
- 4 cans** 15.5 ounce assorted low-sodium beans, including black, kidney, white, and chickpeas (drained and rinsed with cold water)
- 2 cans** 14.5 ounce low-sodium diced tomatoes (including the liquid)
- 1 1/2 cups** water

Directions

1. Put the pot over medium heat and when it is hot, add the oil.
2. Add the onions, garlic, bell pepper, jalapenos, oregano, thyme and chili powder and cook until tender, about 15 minutes.
3. Add the drained beans, tomatoes and 1 1/2 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	514	
Total Fat	7 g	11%
Protein	29 g	
Carbohydrates	90 g	30%
Dietary Fiber	28 g	112%
Saturated Fat	1 g	5%
Sodium	676 mg	28%

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Vegetables	3 3/4 cups
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water and raise the heat to high and bring to a boil. Lower the heat to low and let cook, partially covered, for 1 ½ hours. If the mixture gets too thick, add the remaining ½ cup water.

4. Serve immediately or transfer to a container once cooled. Cover and refrigerate up to 2 days.
5. Garnish with cilantro and/or low-fat plain yogurt.

Notes

Serve the Bronco Beans with brown rice and apple slices. Use leftovers in a quesadilla or omelet.

USDA Center for Nutrition Policy and Promotion